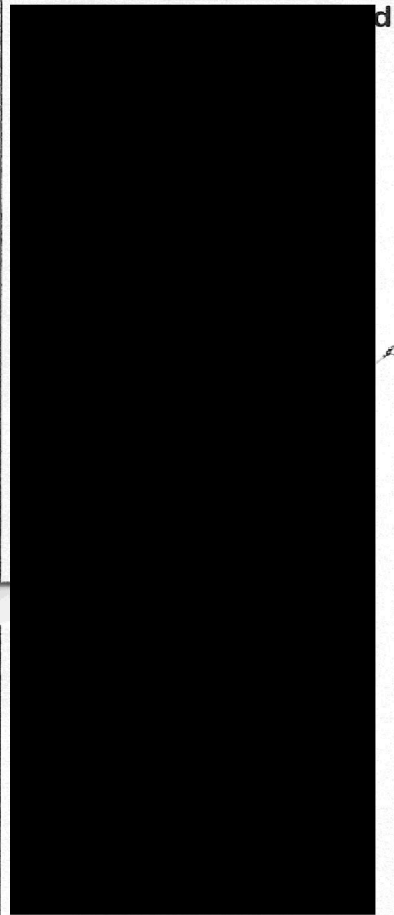


LOOKING UP

An OA Tri-County Intergroup Newsletter
July/August 2006



ABSTINENCE Trying vs. Willing	
I am <i>trying</i> to be abstinent.	I am <i>willing</i> to be abstinent.
A state of great frustration	A state of great humility.
Implies that I should know how, but can't come up with the right formula.	Implies that I don't know how.
Involves condemnation.	Involves acceptance.
I am closed to guidance.	I am open to receive guidance.
I fear failure and judge myself as a failure.	Even "failure" may be used as a learning device.
Every setback reinforces that I will never find lasting abstinence.	No setback becomes a problem for I know that I will be shown.
The responsibility is on me.	The responsibility is on my Higher Power.
It is like an act of separation.	It is like an act of prayer.
Implies resistance and struggle	Implies acceptance and surrender.
The willingness and ability to be abstinent will come if only I ask for them. My Higher Power will empower my choice.	

reprinted from HEART OF TEXAS OA INTERGROUP NEWSLETTER, Jan. 2006



GOD OF MY UNDERSTANDING



Tri-County Info Line:
(817)788-0411

Dallas Metroplex IG:
(972)238-0333

DFW HOW Contact:
Linda (817)236-3555

Tri-County Intergroup
Group 09163
PO Box 14324
Arlington, TX 76094

OA Tri-County Workshop
July 22, 2006

South Hills Christian Church
3200 Bilglade, Fort Worth

2:00 pm (registration begins at 1:30 pm)
\$4 suggested donation, but
if you can't pay, don't stay away

Questions? Contact Bernie at (817)451-7493

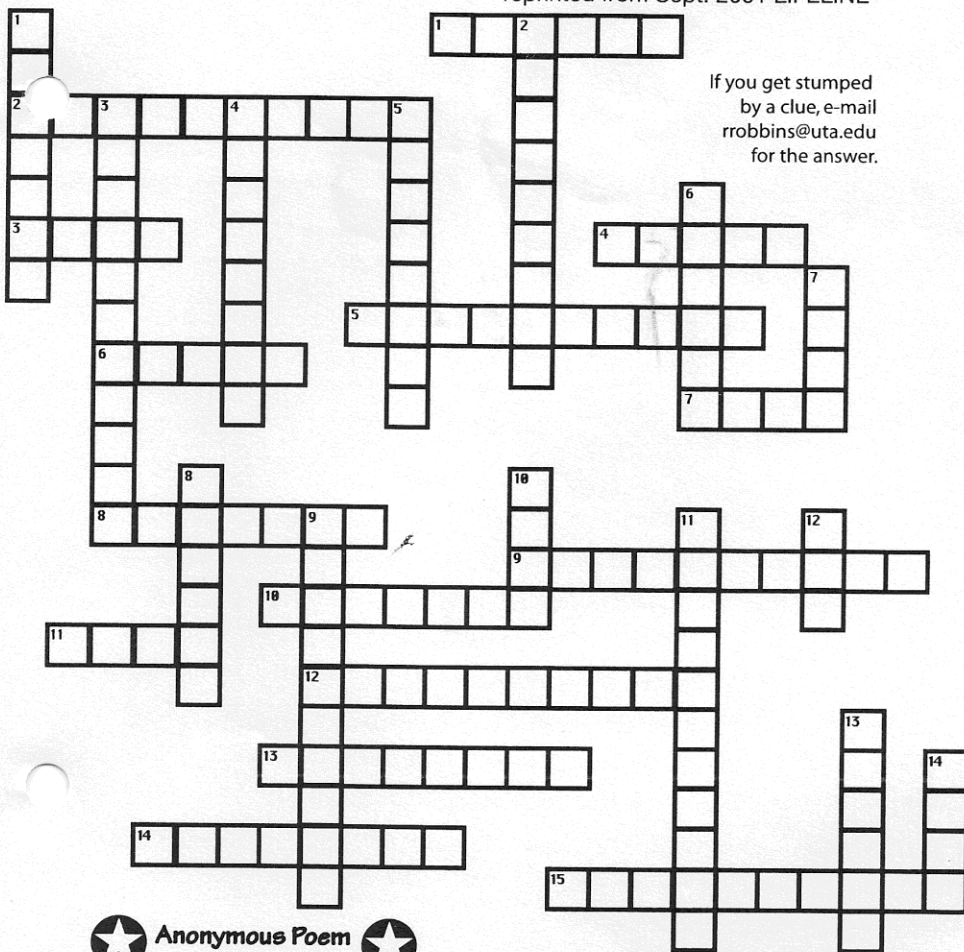


OA Responsibility Pledge
Always to extend the hand and heart of OA to all who share my compulsion – for this I am responsible.

OA Recovery Crossword

reprinted from Sept. 2001 LIFELINE

If you get stumped
by a clue, e-mail
rrobbins@uta.edu
for the answer.



ACROSS

1. We can recover as long as we can be ____ with ourselves. (BIG BOOK, p. 58)
2. The most important thing in my life today. If I lose this, I will eventually lose everything.
3. I put mine in yours.
4. And together we can do what we could never do ____.
5. A great tool to take on vacation.
6. Now I have the courage to take ____ in life, with the support of the OA fellowship.
7. "Overeaters Anonymous is a fellowship of individuals who, through shared [12 across], [13 across] and ____ are recovering from compulsive overeating." (OA Preamble)
8. In abstinence, I can choose to eat a healthy ____.
9. These help "OA as a whole solve problems, thrive and be effective instruments for carrying the message of recovery to those who still suffer". (OA 12 & 12, p. 107)
10. A tool which people say is "slimming" because it involves helping others and getting out of myself.
11. We will ____ you until you can ____ yourself.
12. See 7 across.
13. See 7 across.
14. God grant me the ____ to accept the things I cannot change.
15. The answer to all my problems today. (BIG BOOK, p. 449)

DOWN

1. With the help of God and my program, I am now maintaining a ____ weight.
2. They keep our fellowship alive and growing.
3. Another tool of the program, which offers a way for me to do service and receive guidance.
4. How I respond when someone offers me a nonabstinent food.
5. This is part of my physical recovery. In OA, this is no longer an obsession or compulsion, but something I can enjoy sanely.
6. This Step suggests taking a fearless and moral inventory.
7. "Made a decision to turn our will and our lives over to the ____ of God." (Step Three)
8. This is a way to get in touch with HP (as suggested in Step Eleven).
9. The behavior that brought me to OA (our common problem).
10. Before you take that first compulsive ____, remember that you have a [13 down] in Overeaters Anonymous.
11. Step Two is about believing that we can be restored to sanity through a relationship with a ____.
12. "____ as we understood him". (Step Three)
13. See 10 down.
14. "Welcome to Overeater's Anonymous, Welcome ____".



Anonymous Poem



On those days when things are rotten
Let Go and Let God should not be forgotten.
Things get confused - my bubble burst,
That's when I should take **First Things First**.
I shouldn't expect too much too soon,
Easy Does It should be my tune.
There But for the Grace of God I
Really makes me wonder why...
I confuse issues and cloud my views
When Keep It Simple is the road to choose.
Just for Today I can handle my quirks
That's how I know the program works.
I must always **Keep an Open Mind**
And do all these things to be sure I find
Emotional abstinence that's serene and sublime
Living my life **One Day at a Time**.
At but not least, I would like to share
The wisdom of the Serenity Prayer:
God grant me the serenity
To accept the things I cannot change,
Courage to change the things I can,
And wisdom to know the difference.